Genetics and Family History

I haven't ordered it myself, but would like to. My sister sent me this information.

so many things in our genome missing potentially missing for siblings.... MTHFR gene mutation, no glutathione pathway (neither of our parents had passed that on). poor processing of Vit A, B6, C , D, E . Deficiency in D and many other things leads to schizophrenia.. thyroid issues are hereditary also, poor processing of hormones by the liver as well so if her hormones are unbalanced her liver wont clear well. If she hasnt dealt with her psychological issues she is highly vulnerable I am sure.. interesting in the last photo I saw of her she looked like a raging alcoholic energetically so probably highly toxic somehow.. she did do a lot of painting.. I have a friend who has too and ended up having to do a lot of intense detox due to heavy metals and bi products..

http://www.stopthethyroidmadness.com/mthfr/

- *And more broadly*, an MTHFR defect can increase your risk of a variety of cancers (including breast and prostate cancer), stroke, heart problems, congenital defects, depression, IBS (irritable bowel syndrome), miscarriages, migraines, chemical sensitivities and many conditions.

Another good B-vitamin is the methyl version of B6, called P-5-P.

Dr. Ben Lynch feels that *"repairing the digestive system and optimizing the flora should be one of the first steps in correcting methylation deficiency"*, and that especially includes treating candida because of the toxins it releases, inhibiting proper methylation.

Some experts recommend eating clean, such as Paleo or the GAPS diet.

WOW! naturally began gravitating toward Paleo - and have been more intentional.

Avoiding exposure to toxins is important! Look at your household clean supplies, for example, or toxic glues you may be using, and more.

WOW! Time to shift this.

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If adding methyl B's cause you to over-methylate, taking time-released Niacin, 50 mg, can slow it down, say some experts. Symptoms of over-methylation can include muscle pain or headaches, fatigue, insomnia, irritability or anxiety.

Could this be helping?

Minerals play a key role in several enzymatic functions. Vitamin C helps reduce oxidants. Molybdenum (500 mcg) helps break down excess sulfates and sulfites

This website http://www.knowyourgenetics.com/ offers suggestions on how to treat your defects.

HISTORY OF ILLNESSES IN FAMILY

Father - prostate cancer, had dementia I think - died

Mother - thyroid issues

Brother - brain tumors, tumors along spine

Sister - Breast Cancer, thyroid disease, PTSD

Another Sister - PTSD, DID, psychotic

Another brother - psychosis

Mother - thyroid disease

Uncle - died from an aneurysm at age 59 - other uncles with heart disease

Grandfather, maternal - had 2 strokes from aneurysm

Grandmother, maternal - had dementia

Aunt, maternal - had MRI with white spot, stroke possibly, has Alzheimers

SISTER's DNA report

84.0%

European

Northern European

11.4%

French & German

1.7%

British & Irish

0.6%

Scandinavian

25.4%

Broadly Northern European

17.9%

Eastern European

Southern European

1.6%

Balkan

1.4%

1.4%

Iberian

0.1%

Italian

6.0%

Broadly Southern European

17.8%

Broadly European

8.4%

East Asian & Native American

7.9%

Southeast Asian

East Asian

0.2%

Broadly East Asian

0.3%

Broadly East Asian & Native American

3.4%

Oceanian

3.0%

Sub-Saharan African

2.7%

West African

0.1%

Central & South African

0.2%

Broadly Sub-Saharan African

0.5%

Middle Eastern & North African

0.5%

North African

< 0.1%

Broadly Middle Eastern & North African

0.7%

Unassigned